

holidayguide

the collegian



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Gifting Food
Tasty, low-maintenance recipes for holiday treats

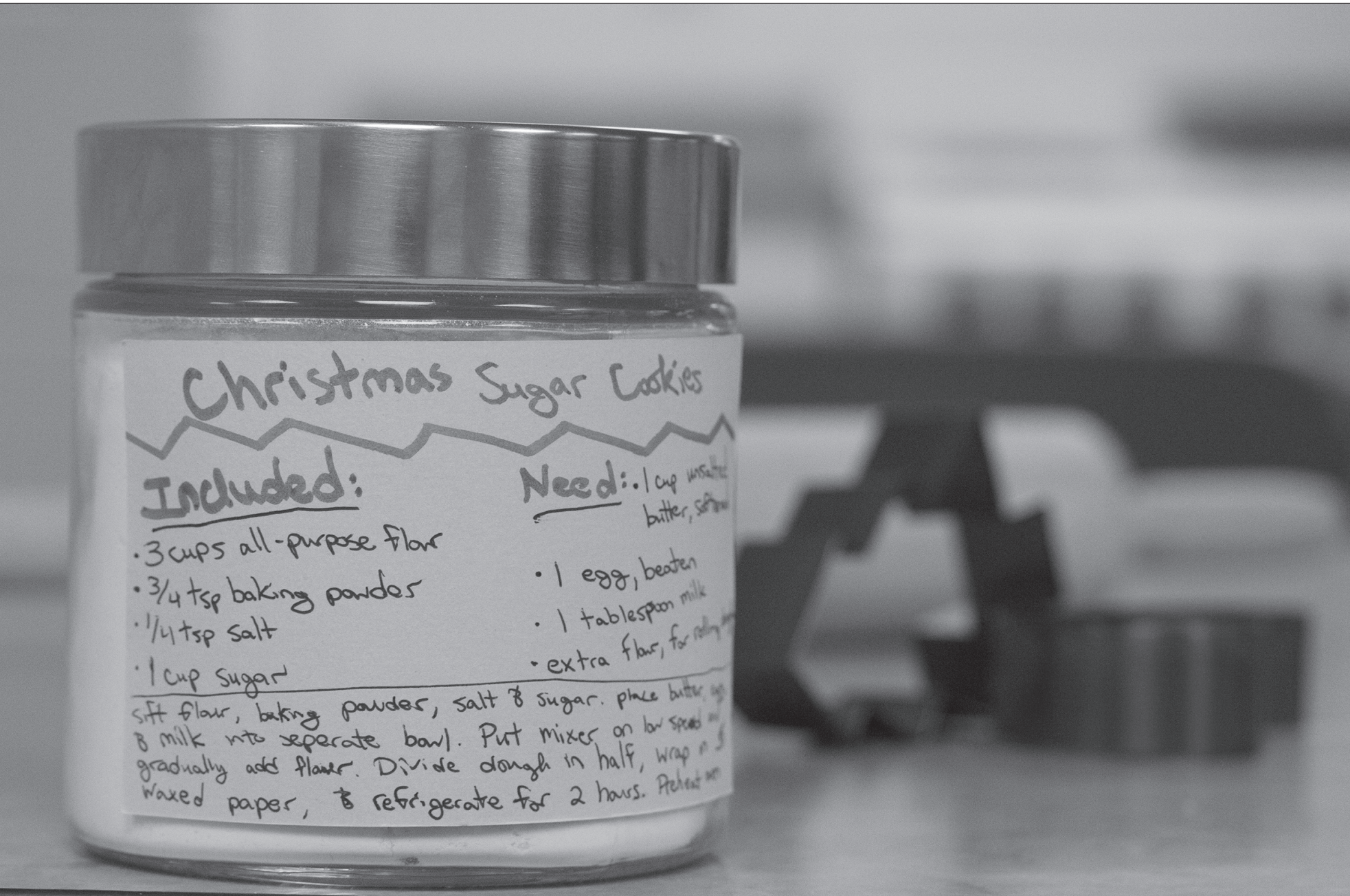
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Recipes: Holiday recipes make gift giving easy, shareable



Taylor Alderman | Collegian

People love to eat during the holidays. An easy and popular gift idea is cookies in a jar. Simply throw dry ingredients together in a jar, decorate, and deliver.



Marissa Haake

The holiday season is a time where people love to gift tasty treats to their friends, while at the same time giving their own homes a smell of sweet baked goods. I tested out a few recipes to see which are the best bets for holiday treats.

The first recipe is for Peppermint Fudge, from a website called [chocolateandcarrots.com](#). I figure for the holidays, you really can't go wrong with chocolate and peppermint.

Peppermint Fudge

- Ingredients:
- 1 (14 ounce) can fat-free sweetened condensed milk
 - 1 tablespoon unsalted butter
 - 2 1/2 cups dark chocolate chips
 - 1/2 teaspoon peppermint extract
 - 1/2 teaspoon vanilla extract
 - 5 candy canes.

Start by covering an 8-inch square pan with non-stick aluminum foil. Simmer over a double boiler to warm the condensed milk and butter together until the butter is melted. Add in the chocolate chips, stirring occasionally until melted. Mix in the peppermint and vanilla until combined. Pour into the tinfoil pan.

Place the candy canes in a gallon sized plastic bag. Gently crush with a cup or something hard until the candy canes are in bite-sized or smaller pieces. Pour into a strainer to sift out the tiny flakes of peppermint. Sprinkle the crushed candy canes on top of the fudge. Place in the fridge to chill and set for at least three hours before cutting into squares.

These mouthwatering fudge bites went over so well at my house that I did not even get to give them to my friends before my mom had made everybody in the family try them. The recipe is very straightforward and easy to follow, with the most difficult part being crushing the candy canes, which really isn't too difficult.

The final taste of the fudge was delicious. They tasted like milk chocolate fudge that came right from a fudge shop. The consistency was not too hard and not too soft and had that melt in your mouth taste that fudge lovers look for. I really liked the crunch in each of the bites from the candy canes, as well. It brought a different texture.

These fudge pieces would look so cute with the holiday mints crushed on top and tied up with a holiday bow.

I would rather not even know what the nutritional value looks like in one of these bite-sized goodies, because I am sure it is not pretty. However, it does satisfy a good sweet tooth and make for a great gift for friends and neighbors.

I am always a sucker for good caramel around the holiday season, so I found a recipe on [bakespace.com](#) that has nutty caramels in it.

Nutty Caramels

- Nutty Caramels
- Ingredients:
- 1/2 cup, plus 1 teaspoon butter
 - 1 cup sugar
 - 1 cup light corn syrup
 - 1 cup evaporated milk
 - 1 cup chopped nuts
 - 1 teaspoon vanilla extract
 - melted chocolate (optional)

Line a 9-inch square pan with foil and grease the foil with one teaspoon of butter. Set aside. In a large sauce-

pan, combine the sugar, corn syrup, milk and remaining butter. Cook over medium heat, stirring until sugar is dissolved. Bring to a rapid boil, stirring constantly until a candy thermometer reads 248 degrees — firm ball stage. Remove from the heat; stir in nuts and vanilla. Pour into prepared pan and let it cool completely. Using the foil, lift the caramels out of the pan; discard the foil, and cut into small squares or whatever shape you desire. Drizzle each with chocolate, if desired.

I was so excited to make my own caramel treats for the first time only to realize that it is quite time consuming. 81 servings is a lot of caramel, but by the time I purchased all of the ingredients and then took the amount of time to make these caramel treats, the overall product was not worth it to me. It took a good hour and a half to make all of the squares. I was really frustrated with how sticky the caramels were to get off of the foil. If you do decide to take all of the time to make these, at least save yourself some frustration by putting a lot of butter onto the foil.

Honestly, if you really want to treat your friends to some caramels for the holidays, just buy the ones at the store and wrap them up in a cute way. It will save you so much time and probably some cash.

After a lot of Pinterest scrolling, I finally found my

favorite holiday recipe. I call it "Christmas Crack." Every time I have it at a party, it is so addictive. I always have to go back for seconds. I found this recipe on [grouprecipes.com](#).

Christmas Crack

- Ingredients:
- 2 bags white chocolate morsels
 - 2 cups of each of the following:
 - M&M candies
 - square pretzels
 - peanuts
 - plain Cheerios
 - Chex cereal

Mix the dry ingredients together in a large bowl. In a smaller microwave-safe bowl, microwave the white chocolate morsels slowly until melted. Pour the melted morsels over the dry ingredients and mix well. Pour it all out onto wax paper to about one inch thick. Let it cool and then break it apart. Christmas Crack should be stored in the fridge.

Everything about this was extremely simple. Microwaving and avoiding the oven is probably the best thing about this entire recipe. Basically, if you can measure, then you

can make this. I left out the peanuts, and I still thought it tasted great.

This recipe looks very cute if served in a clear wrapping with a bow at the top, and you can put a little tag with it that reads "Reindeer Food" if you want.

As for nutritional value, I cannot imagine any of these ingredients are good for you, considering they are covered in white chocolate. If you have to trick your brain into thinking it is healthy for you, maybe just think about the good nutritional value of peanuts, Cheerios and Chex rice squares.

As much as I love "Christmas Crack," I was a little disappointed that this recipe just did not seem as up to par with the Christmas Crack that others have made for parties. I would guess that I either needed to add more white chocolate to make sure each of the pieces were equally covered. Or maybe recipes in general just taste better when I am not the one that has to make it. Either way, this recipe is definitely one I will use again and again because it is so easy and just tastes so good.

Whether you are looking for a quick and easy recipe, or a complex concoction to impress your friends, there are tons of recipes for all of your holiday food gift ideas.

Marissa Haake is a sophomore in pre-journalism. Please send all comments to [edge@kstatecollegian.com](#).

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For Women: holiday gifts for her

Mary Beth Gottsch
contributing writer

With the holiday season fast approaching, many women are starting to put together a list of gifts they may want. Women tend to ask for a variety of different things depending on their age and interests. Sheila Makovec, senior in marketing, said jewelry is a popular gift for women every year because it is often given by parents or someone who loves you. "Jewelry is a nice and meaningful gift, whether it is a necklace, bracelet, earrings or rings," Makovec said. "It is a gift from the heart that lasts forever and [will] always remind you of that person when you wear it." Allie Sanders, freshman in open option, said in her hometown any monogrammed gift has become very popular for women her age. Sanders also said jewelry, makeup, purses, shoes and perfume always make simple and easy gifts for friends or family. "Concert tickets are different but something I've re-

ceived as a gift many times and always have loved to get," Sanders said. "I get two, so I get to enjoy the company of whoever got them for me at the concerts." Many women also appreciate technology. Any of the recently released smartphones could make for good holiday gifts. Tablets could also make good gifts for women. "I am sure the iPhone 5s will be big," Taylor Popp, junior in marketing, said. "And the new iPad and/or Windows tablets will be very popular this year. They are the brand new thing, and something people can bring to class so they don't have to carry around their laptops." Clothes and shoes will also be a top gift for many women this year, along with gift cards to their favorite stores. Some women want to stay on top of the latest trends, and the holidays are a great time to ask for their top clothing pieces or gift cards. "This year, I think boots and sweaters will be the big deal to girls," Popp said. "It's a cute

trend and really comfy. Girls always love a new pair of jeans or cute top to go out in, too." Makovec agreed with Popp that clothing will be popular among women this holiday gift giving season. "A lot of girls like it when they get gift cards [to] Victoria's Secret or Dillard's," Makovec said. "I like it, so I can just get what I want. I don't like telling people what kind of clothes to get me." Other popular requests are practical gifts like decorations or appliances for the home or bedroom. Some women ask for practical articles of clothing, like business professional clothes. "It kinda sucks that I am asking for business clothes," Popp said. "The real world is coming at me too soon. I wish I could say I wanted toys like back in the good ol' days." Some women tell their loved ones the exact gifts they want when they have one in mind. This tends to make it a lot easier for the person doing the shopping, and the person asking gets exactly what they

want. A win-win for both people. "One gift that I have had my eye on is this Coach satchel purse that is red, white and black," Makovec said. "I really like it, so I told my fiance about it. I really hope he gets it for me." Sanders said the main thing women look for in a gift, however, is the meaning that was put into it from the person who gave it to them. Women want to feel appreciated, so it's not necessarily the gift itself but how it makes them feel. "At least for me personally, Christmas isn't about the gifts, it's about the meaning behind it all and to know that someone cares about you," Sanders said.

This article was written for an MC 200 class through the A. Q. Miller School of Journalism and Mass Communication.

Jed Barker | Collegian

If you're not sure what to get that special lady in your life, jewelry - such as a pretty necklace - is usually a safe bet.



Brook Morris | Collegian
Katie Volle, senior in management, looks at electronics to gift to her boyfriend for Christmas.

For Men: holiday gifts for him

Scotland Preston
contributing writer

As the temperatures drop and Thanksgiving break inches closer, it will soon be that time of year to start shopping for the holidays. Whether you're shopping for your dad, boyfriend, roommate, best friend or brother, it is not always easy to find the perfect gift. It all depends on what your relationship is to them and their interests. So, what about for the tech savvy guy? There are constantly new high-tech gadgets being released in the categories of video games, computers, tablets and phones. Sony released the PlayStation 4 on Nov. 15. With improvements to the controller, such as speakers and a touchpad, the PS4 costs \$399 - cheaper than rival Xbox One. And for the gamer that already has a PlayStation 4, there is an array of games available such as "Call of Duty: Ghosts," "Battlefield 4" and "Assassin's Creed 4." Google has a new tablet, the Nexus 7. It features a 7-inch display, wireless charging and the ability to download thousands of apps, starting at a price of around \$230, which is cheaper than Apple's equivalent iPad mini, which starts at \$299. Samsung Galaxy Gear is a great companion if your guy already has a Samsung smartphone or tablet. The watch can take phone calls, text messages and act as a camera. Samsung Galaxy visited the K-State campus the week of Oct. 14, which created hype across campus for their smartphones and tablets. Android's new Jelly

Bean software will possibly make the Samsung hype even greater. "It's all about practicality over sentimentality," Ross Jensby, senior in political science, said. "Girls would be fine if it was just sentimental, but guys like something they can use. Like if a girl got me a scarf, I could say, 'Yeah my girlfriend got this for me,' and I'd also be able to wear it every day." If it's all about practicality, clothing could be the way to go. From scarfs to sweat-shirts to socks to hats, K-State branded items are an option, and cheaper than the latest technology. Almost anything can be found with a K-State logo. There are coffee mugs, water bottles, Christmas ornaments, car magnets, blankets, posters and more. "I think clothes is the easiest gift for a girlfriend to buy," Matthew Maynard, sophomore in public relations, said. "You see what we wear every day and know our style." SwipeTies are a new item on the shelves this year. These silk ties sell for \$40 and have a microfiber patch that allows you to remove dirt and smears from touchscreen objects such as a smartphone or tablet. According to Swipe Apparel's website, their ties are "functional fashion." Another functional clothing item is gloves for smartphone and tablet use. Isotoner makes a wool pair that has a conductive thread, which allows the user to use a touchscreen while also wearing the gloves. The thumb, index and middle fingers have this SmartTouch technology. The gloves sell for \$45, but can

often be found on sale. There are also many ideas for the man that likes to be outdoors. Some men like to spend their weekend at the golf course, making some new golf clubs, clothes or golf balls a great gift. There is constantly new technology being released to help the weekend golfer hit the ball further and straighter. You can also personalize a golf gift by putting the man's name on the golf balls. If the man is into biking, a mountain bike may be the way to go. Mountain bikers ride off-road, and the right kind of bike will provide comfort and stability when they are no longer on a paved road. With Linear Trail in close proximity to campus, many K-State students have started their hobby of mountain biking there. Holiday shopping for men isn't always easy if they don't express what they would like. Many times that might mean going shopping with the man to see what he is interested in. Michaela Krysztof, junior in speech-language pathology, said she goes with her boyfriend to the hardware store to see what he says he wants or thinks is cool. Then, when Christmas approaches, she goes back and gets those items he mentioned. "I don't think men will point blank tell you what they want," Krysztof said. "You have to pay attention and pick up on little clues." *This article was written for an MC 200 class through the A. Q. Miller School of Journalism and Mass Communication.*

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ECLECTIC CHARM

DIY:

Take stress of shopping out of the holiday



Minh Mac | Collegian

Knitting scarves or hats is a cheap way to personalize gifts for other people.



The holidays are a fun time for gift giving, but all those gifts can get expensive. Making gifts can help keep costs from getting out of hand and allows the gift to be more personal. Pinterest and many other do-it-yourself websites have tons of ideas for DIY gifts to make for anybody on your gifting list.

Multi-Photo Canvas

I looked around on Pinterest for a gift for my mom and found the perfect simple DIY craft. Like many moms, my mom loves pictures. I decided to make a long, vertical canvas with smaller canvases glued to it that display pictures, and a

few inspiring words down the right side. This worked out perfectly for my family, because I was able to put a picture of each one of my siblings and a family picture at the bottom.

I painted the edges of each of the smaller canvases black because I decided to use black and white pictures. On each of the small canvases, all I had to do was attach the pictures. I printed the photos as 3-by-3 pictures on plain printer paper and Mod Podge'd them onto the small canvases. After the back dried, I put another coat of Mod Podge on top of the photos to create a sealant.

After finishing the photos, I painted the entire large canvas solid red, which really made the black and white photos stand out. Then I just hot glued the four 3-by-3 canvases down the left side of the large canvas.

After that I moved on to painting my quote down the right side of the large canvas. I am not very good with painting

letters, so I learned a trick. I printed off the words in the size I wanted them and traced them onto tissue paper. Then I laid the tissue paper onto the large canvas and traced it with a permanent marker so the letters bled through the tissue paper and onto the canvas. Finally, the outline of the quote was transferred onto the large canvas and I just had to paint it in with black.

This project did not take me long at all. It took some time for the coats of paint and the Mod Podge to dry, but the time I actually spent working on it was no more than two hours total.

I already had the colors of paint that I needed, but paint typically costs about \$1 per color. Using one of Hobby Lobby's frequently-distributed 40 percent off coupons to buy canvases, the entire project can cost less than \$15 if you already own some Mod Podge. If you don't, Hobby Lobby sells 8 ounce bottles of it for around \$5.

This project was perfect for my mom because she loves pictures. It would be easy to make it with different sporting team pictures for a brother or create a K-State one with the lyrics to "Wildcat Victory" down the side.

Hot Chocolate Gift Jar

The holidays pose the challenge of trying to find a gift to give to all of your friends without breaking the bank. Simple things like hot chocolate in a mason jar are both useful and very cheap.

It took me about 10 minutes and no brainpower at all to make six mason jars of hot chocolate mix. Inside the mason jar, pour 2 cups of hot chocolate mix, layer 1 cup of mini marshmallows, a 1/2 cup of chocolate chips and 20 starlight mints. Twist on the top of the mason jar and attach a cute Christmas card and possibly a bow or ribbon.

This is a quick and easy way to create a lot of cute, personal

gifts to give to multiple friends for under \$20. It is much cheaper to buy the hot chocolate in a big jar instead of individual packets. Likewise, it's cheaper to buy the mason jars in a pack of six, rather than individually. It is also more appealing to the eye — and easier to use — if you unwrap each of the starlight mints before putting them into the jar.

Bottle Cap Wall Art

Men are sometimes harder to make DIY projects for, but I found a cool DIY project that one could give to their dad, brother, boyfriend, or even a good friend. It is a custom wall art piece made of bottle caps. Men can be challenged when it comes to decorating with anything besides posters, but they will surely love a little change, especially if it's a neat art piece made from bottle caps.

The idea is actually pretty simple. All you take is a piece of wood — you can use anything

from a cupboard door to a picture frame. Paint the entire thing whatever color you'd like. Then all you need are a hot glue gun and lots of bottle caps — you'll need to plan ahead a little and save them or have some friends help by donating to the cause. Hot glue them in lines or patterns to create a cool bottle cap wall piece that people can stare at in awe. Assuming you already have a lot of bottle caps and also a hot glue gun, this project will only cost the price of the frame and the paint. For me, I only had to spend \$15 after a 40 percent off coupon.

This project was a little more tedious because I bought a fairly large frame and then had to glue each individual bottle cap, but it is definitely my favorite DIY this year. All of my friends are ready to make one for their dads, too.

Marissa Haake is a sophomore in pre-journalism. Please send all comments to edge@kstatecollegian.com.

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Shopping: Finding gifts for the ‘un-shoppables’

Willy Evans
staff writer

Whether it's your parents, weird uncle, or the co-worker who never seems to talk about himself, we all seem to have at least one person on our holiday shopping list who is impossible to buy for.

What should you get for someone like this? How do you even go about thinking of something to get them? What if the person you are shopping for celebrates a different holiday than you?

While the task of finding the perfect gift may seem daunting at first, it is possible that the decision may be simplified by knowing the personality and sense of humor of the person you're giving the gift to.

"First, I try to evaluate if they like funny gifts or not," Danielle McCulley, senior in fine arts and florist at Acme Gift, located at 1227 Moro St, said. "People have different senses of humor, so if you can figure out if they're going to like something quirky or not, that's really helpful."

For many people, the reason someone is difficult to shop for is because of a lack of familiarity with each other. This could cause hesitation when considering a humorous present, because their sense of humor may be different from yours. It could make a gift seem inconsiderate or even offensive. So what do you get when shopping for someone whose personality is relatively unknown?

One possibility is to think of that person's daily schedule or occupation.

"[If a humorous gift wouldn't work], I would go for something more practical that they can use," McCulley said. "Stationery or journals or something else like that. Something practical or useful."

This idea was echoed by Henry Falk, sophomore in construction science and management.

"I like to think of something they're actually going to use or enjoy having," Falk said.

Falk said he has someone on his annual list who is difficult to shop for.

Another option is to add a personal touch to your gift.

"I like to make stuff," McCulley said. "I really like making cards or different things like that. I want to make a gift that has a personal note with it."

Adding a personal touch can make your gifts seem more heartfelt, creating more impact with the person receiving the gift.

Questions about what to get someone can extend beyond whether they will like one gift over another. One holiday predicament could be buying a present for someone who celebrates a different holiday than you. Would it be offensive to get a Christmas gift for someone who celebrates Hanukkah or Kwanza for example?

"If the goal of the gift is to show someone that you care about them, I would focus the



gift on the relationship you have with that person instead of on the holiday," Tosha Sampson-Choma, visiting assistant professor in American ethnic studies, said. "I would say something like, 'I wanted to get you a gift to show you how important you are to me and how much I care about you.'"

There are, however, some gifts that should be avoided in

these types of situations.

"[I would avoid] stereotypical kinds of gifts, things that might come across as offensive," Sampson-Choma said. "When I'm shopping, I tend to focus more on the person and what they like."

Throughout the process of trying to figure how to shop for those who seem to be un-shoppable, there an old expression

that comes to mind — it's the thought that counts.

So don't worry about finding the "perfect gift," but instead focus on trying to find a way to show appreciation.

"[I shop for] something that expresses some form of gratitude," Falk said. "It doesn't have to be super special, but it at least shows thought and effort have been put in to it."


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Gifts wrapped in festive paper is the most common way to preserve a surprise of the present.



Marissa Haake

Buying a Christmas present can be challenging. Finding the perfect way to wrap said gift can be even more difficult. From shoving it under the tree with a card to putting it into a shoe box or even having the store professionally wrap it for you, there are many options for people to choose to wrap their gifts in the perfect way. The typical holiday-themed wrapping paper is what most people picture under their tree. "I like my presents covered in wrapping paper," Maddi Kaster, freshman in open option, said. "It is just more fun for the person that gets to

open it, and hearing the tearing of all the paper. I would definitely get a job wrapping presents if I could. I love it, and it just makes the holidays that much more special." However, wrapping presents the typical way is not as easy as it may seem. The tape gets all over, the creases just are not up to par and there is either too much or not enough to cover the entire box. "I am horrible at wrapping presents," Alix Miller, junior in marketing, said. "But I mean, it is what is inside that counts. I try to wrap it and put in a good effort, but it is just really difficult for me because I don't like to take the time to measure it out. But it's still so much better to open a poorly wrapped gift, then just opening a gift from a bag and some tissue paper." There are many students who agree that taking time to wrap a present is just not worth it. "I really have no strategy

to wrapping presents," Cody Isern, freshman in journalism and mass communications, said. "I just put the box over the wrapping paper and then I roll it until the box is covered. It's not the prettiest, but it gets the job done." College students also tend to get more creative with their wrapping, if they cannot get their hands on a bag and some tissue paper, or if they just do not want to go out and buy wrapping paper for one present. "I always wrap my brother's present in newspaper ... because I'm classy," Hayley Lollar, junior in public relations, said. "There is also sometimes duct tape involved. But it's just my brother that I do that for. For my sister, I wrap a bunch of boxes and put them inside of each other until she finally reaches the item in the smallest box." Some people take their wrapping to an extreme by filling boxes with rocks

to throw off good "present guessers" or even scotch taping around the entire gift to make it much more challenging to open. People have even put presents inside of an empty piñatas. For a bigger reaction, some people will even take tampons out of the box and put the actual Christmas item inside of the box of empty tampons. "I personally wrap my presents pretty basic," Kelly Kristiansen, sophomore in secondary education, said. "My mom, however, does pretty crazy things. She likes to label all of our presents with numbers and make us open them in a certain order. It usually starts off with random accessories that build up to our big item, except we have to do house chores and a scavenger hunt around the entire house before she finally tells us where our final present is. Oh, and she also labels all of the presents with famous

peoples' names. It definitely keeps the holidays interesting." Another way to wrap a gift is to use one present to hide other, smaller presents. For a parent, sibling or distant relative, maybe buy some DVD's and put them inside of a tackle box. To make it challenging, lock the tackle box. To make it even more challenging, plastic wrap or duct tape the entire box

before and after wrapping it at least once. However creative you get with wrapping your gifts is up to you and your family. Putting some kind of an effort seems to be what matters, whether it looks professional or is just placed in a tampon box with bows. Marissa Haake is a sophomore in pre-journalism. Please send all comments to edge@kstatecollegian.com.



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